



Distraction Skills

These skills redirect your mind to something else. However, these skills are different from avoidance!

1. Solving puzzles
2. Doing arts and crafts
3. Listening to music
4. Watching television
5. Reading
6. Playing computer games
7. Describing an everyday event or process in great detail by listing all the steps in order and as thoroughly as possible (for instance, how to go from your house to school or how to do the laundry)
8. Reading something benign backward
9. Picking a category of objects and trying to think of as many objects as possible that fit into that category (for example, types of dogs, cities, trees, and crayon colors)
10. Picking a color, looking for things in that color, and observing differences in their exact shade

Which distraction skill will you use in the future? What are some others that you might try?